
















ESSEX COUNTY






NUTRITION PROGRAMS





Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	
Services:	       
Population served:	
Funded by:	
Fees & Charges:	
Other information:	Senior Meal Program

Program Name:	Nutrition Education Programs
Agency/Institution:	Mountainside Hospital, Community Health Department
Address:	1 Bay Avenue Montclair, NJ 07042
County:	Essex
Phone:	973-429-6856
Focus:	
Services:	      5
Population served:	All adults in community
Funded by:	
Fees & Charges:	
Other information:	

ESSEX COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Yoga
Agency/Institution:	Mountainside Hospital, Community Health Department
Address:	1 Bay Avenue Montclair, NJ 07042
County:	Essex
Phone:	1-800-AHS-9580
Focus:	Stress reduction and increased strength and flexibility.
Services:	    
Population served:	All adults in community
Funded by:	Mountainside Hospital
Fees & Charges:	Yes
Other information:	Provide physical activity information for cancer prevention and for patients/survivors of cancer.

Program Name:	Senior Contact
Agency/Institution:	Atlantic Health System
Address:	Mountainside Hospital, 1 Bay Ave., Montclair, NJ 07042
County:	Essex, Summit, Passaic, Morris
Phone:	(973) 429-6847
Focus:	To educate people on how to live with Arthritis and be assertive about your healthcare.
Services:	  
Population served:	Adults over 40, 
Funded by:	Atlantic Health System and the State of New Jersey
Fees & Charges:	None
Other information:	Sponsor and facilitate PACE and WET Arthritis self-help courses; information for cancer patients/survivors